

HEALTHY HAPPENINGS



Welcome to our August issue. We hope you enjoy!



Public Health
Prevent. Promote. Protect.
Somerset County
Health Department

IMMUNIZATIONS

August is National Immunization Month! Is your child up-to-date on their immunizations before they head back to school? If not, come to one of our free mass back to school immunization clinics. Appointment required. View your child's previous vaccination record at MD.MyIR.net. Call 443-523-1700 to schedule an appointment today!



HEAT SAFETY

It may be nearing the end of summer but the heat is still going strong. Heat related deaths are preventable. Protect yourself and others during heat waves by:

- Staying hydrated and taking breaks in the shade (if outside) and a/c as much as possible
- Checking on family, friends, and neighbors without a/c
- Never leaving pets or kids in a vehicle unattended (LOOK BEFORE YOU LOCK)

For more heat safety tips visit ready.gov/heat.



FREE

SOMERSET COUNTY HEALTH
DEPARTMENT'S

MASS BACK TO SCHOOL IMMUNIZATION CLINICS

Appointment is required
Call 443-523-1700

August 16, 2022 (8:30am - 3:30pm)

August 23, 2022 (12:00pm - 5:00pm)

August 30, 2022 (8:30am - 3:30pm)

September 6, 2022 (12:00pm - 5:00pm)

All incoming K - 8th graders are required to have 2 doses of the Varicella (chickenpox) vaccine.

All incoming 7th - 12th graders need the Tetanus, Diphtheria, Pertussis/Whooping Cough (Tdap) and Meningococcal (MCV4) vaccines and are encouraged to receive the Human Papillomavirus (HPV) vaccine.

You can view your child's vaccination records at MD.MyIR.net.

**8928 SIGN POST ROAD, SECTION C
WESTOVER, MD 21871**

OVERDOSE AWARENESS DAY



Overdose does not discriminate. It can affect anyone, anywhere, at any time. If you or someone you know is struggling with substance use or you just want to show your support for those fighting, come out on August 31 to the Crisfield City Dock for our Overdose Awareness Day event from 6pm to 8pm. We hope you'll join us for a night of hope and healing. For more information on this event or to learn more about the life-saving resources available in Somerset County, visit unmaskaddiction.org or call 443-523-1700.



Somerset County
Health Department



@somersethealthmd



@somersethdmd

DIABETES PREVENTION

Are you or someone you know at risk for developing type 2 diabetes? Join our free support group and take control of your health today. Work with a trained lifestyle coach to learn how to eat and cook healthier, share experiences and get support from others, and become connected to valuable resources. Sessions begin September 5. Deadline to register is September 2. Call 443-523-1700 to register.



DIABETES EDUCATION

Group

**ARE YOU OR SOMEONE YOU KNOW
AT RISK FOR DEVELOPING TYPE 2 DIABETES?**

JOIN OUR FREE SUPPORT GROUP AND TAKE CONTROL OF YOUR HEALTH!

- WORK WITH A TRAINED LIFESTYLE COACH
- LEARN HOW TO EAT AND COOK HEALTHIER
- SHARE EXPERIENCES AND GET SUPPORT FROM OTHERS
- BECOME CONNECTED TO VALUABLE RESOURCES

STARTING SEPTEMBER 5, 2022

REGISTER BY: SEPTEMBER 2, 2022

TUESDAYS AT 5PM

PRINCESS ANNE LIBRARY
11767 BEECHWOOD ST.
PRINCESS ANNE, MD

OR

WEDNESDAYS AT 5PM

CRISFIELD LIBRARY
100 COLLINS ST.
CRISFIELD, MD

**FOR MORE INFORMATION
OR TO REGISTER CALL:
443-523-1700**

PREVENT2



COVID-19

Are you or a family member in need of a COVID-19 vaccine? We offer 1st, 2nd, 3rd (additional) and booster doses of Moderna and Pfizer every Wednesday and Friday to those eligible. Appointments available based on age and vaccine type. Appointments preferred but not required. Questions? Call 443-523-1920!



HEALTHY SOMERSET VEGETABLE PICK-UP

We will be holding a FREE drive-thru vegetable pick-up on August 24 from 11am - 2pm at the health department in Westover. Fresh vegetables will be harvested from Eastern Correctional Institution. These vegetables are available to the public as long as supplies last. For more information, call 443-523-1700! Vegetables are also available at the Crisfield Library and Princess Anne Library on select Wednesdays.



Somerset County
Health Department



@somersehealthmd



@somersehdmd

HEALTHY LIVING

Getting tired of preparing the same meals every week? Try out our Spinach Stuffed Chicken recipe below this month to reignite your cooking spark!

INGREDIENTS:

- 4 boneless and skinless chicken breasts
- 2 tbsp of garlic parsley salt
- 1 tbsp of paprika
- 4 tbsp of unsalted butter
- 6 oz cream cheese, softened
- 1/3 cup of Parmesan cheese
- 2 tbsp of mayonnaise
- 1 cup chopped spinach
- 2 garlic cloves, pressed

INSTRUCTIONS:

1. In a large bowl, combine softened cream cheese, mayonnaise, parmesan cheese, garlic, and chopped spinach.
2. Butterfly the chicken breasts. Season them with garlic parsley salt and paprika on both sides.
3. Stuff each chicken breast with the cheese mixture. To keep the filling inside, seal each end of the chicken breast with a toothpick.
4. Preheat a skillet with butter over medium heat. Brown all sides of the chicken. Continue cooking over medium heat until the internal temperature reaches 165 degrees Fahrenheit.



MEDICAL ASSISTANCE TRANSPORTATION

Medical Assistance Transportation provides no cost transportation to and from medical appointments for county residents who have no other means of transportation. To qualify you must be a resident of Somerset County, be going to a Medicaid covered medically necessary appointment, have full Medicaid benefits, and have no other means of transportation. To schedule an appointment, call 443-523-1722.



TOBACCO

Did you know? Secondhand smoke exposure is extremely dangerous to youth. Exposure can cause wheezing, asthma attacks, weakened immune system, and an increased risk for ear infections. Ready to quit smoking? Email alyssa.rink2@maryland.gov for more information on how to quit. All program participants are eligible for FREE vouchers for nicotine patches, gum, lozenges and Chantix.



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